

Northern Frontiers EMPLOYEE ASSISTANCE PROGRAMME (EAP)



*Work getting you down?
Relationship distracting you?
Finding it hard to stay focused?*

Northern Frontiers offers services to support you in maintaining individual performance and effectiveness under an Employee Assistance Programme (EAP).

WHAT IS AN EMPLOYEE ASSISTANCE PROGRAMME?

An Employee Assistance Programme (EAP) is a counselling service offered by an employer to provide individuals with a prescribed number of counselling sessions to address issues impacting their well-being, focus and work performance. Your organisation has made this service available to you and you are encouraged to call this phone service if you feel the need to address issues that are impacting your personal wellbeing.

How does it work?

Simply call **0419 531 269** to arrange a booking, these sessions typically last for 50mins. Bookings can be done via phone, or in-person at our Cairns City offices. You will be asked for your name (which is not provided to anyone), your employer name and phone number. At the agreed time the counsellor will call your phone and discuss your issues with you. Your employer has made available up to three (3) free sessions to you if required. If additional sessions are required, you can negotiate with your employer or you can self-fund. Cancellations of less than 48 hours' notice will count as one of your free sessions.

What things can I discuss in the counselling sessions?

Any issue that may be affecting either workplace or personal life. A Counsellor can help you make sense of your situation by identifying problematic emotional and behavioural patterns that may be causing unhappiness and assist in replacing them with more positive ones. Counselling sessions can assist in the following areas: Workplace Conflict; Dealing with Change; Burnout; Family & Relationship Difficulties; Stress; Life's Transition (Relocation/Change in Employment Status); Grief & Loss; Anger Management; Self-Esteem, Decision-Making and Communication.

For further information, call our centralised appointment line
0419 531 269 or email reception@northernfrontiers.com.au

www.northernfrontiers.com.au